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Cecil Sims Is Chosen 'Soldier Of the Week'

Staff Sergeant Cecil J. Sims, son of Mr. and Mrs. John L. Sims of 918 Morriweather st., Clovis, N. M., now on duty at the Los Angeles Port of Embarkation, was recently selected as the outstanding soldier in the Ships Complement.

Sergeant Sims was awarded a three-day pass for being chosen "Soldier of the Week."
A graduate of Clovis high school and radio announcer on Station KAVE, Carlsbad, New Mexico, Sergeant Sims received his basic military training in March, 1942 at Camp Crowder, Missouri, and was stationed at Kansas City and Brooklyn prior to his assignment to this vital Army Transportation Corps installation in August, 1944.
Chief instructor at the Transport Radio School here, Sergeant Sims served as radio operator on Army transports overseas for 17 months. He and his wife, Eileen, reside at 1319 219th st., Torrance.

Service men's stationery? Call Torrance 444 or 443.



INTER-FAITH WAR CHEST COUNCIL . . . Members of the Inter-Faith Council of the Los Angeles Area War Chest from the Harbor District, include Rev. W. R. Johnson, pastor of St. Anthony's Catholic Church of Gardena (center) and Rev. Paul W. Lomax of Lomita (lower right). Others shown here are (left to right, back row) Rev. Konrad Kossmann, Inglewood; Henry L. Weinberger, lay member and Rev. Daniel Klinefelter, (lower left). These members of the clergy were appointed at a recent meeting held with 39 representatives of churches of all faiths present.

Service Men's Wives May Get SEIC Assistance

Under a ruling announced by Dr. Wilton L. Halverson, state director of Public Health, a serviceman's wife is eligible for maternity and infant care under the state emergency infant care program, provided she was pregnant during the period her husband was in one of the four lowest pay grades or was serving as an aviation cadet.

This ruling is in effect, Dr. Halverson said, even if the serviceman's status should change. To establish eligibility, the wife has only to show to her physician or other authorized person an envelope or V-mail from her husband, her allowance card, or other official communication dated ATAA time when he was in one of the eligible service grades.
Under the program, complete medical and hospital services are provided during pregnancy and birth, with medical and hospital services available for the infant during the first year. Applications can be obtained from the physician accepting the case or from local or state health department offices.

V-5 Program Again Opened By Navy Dept.

A chance for young men to earn Navy wings again came with the announcement today that the Navy is once more accepting applications for the Naval Aviation Preparatory Program, commonly known as the V-5 program.
The announcement came from Comdr. P. J. McNurlen, Director of the Naval Aviation Cadet Selection Board, 411 W. 5th st., Los Angeles, who stated the requirements as follows:
Applicants must be 17 and 18 years of age who will not reach their 19th birthday before Nov. 1, 1945; they must have been graduated from high school by Oct. 1, 1945, and must pass a flight physical examination.
Minimum height is 5 feet 4 inches, maximum, 6 feet 4 inches; weight minimum, 115 pounds, maximum, 200 pounds. They must have 20/20 vision with normal color perception.
Additional qualifications are unmarred and agree to remain so during the period of training; American born, or have been naturalized for at least 10 years, and successful candidates must agree to remain in the Navy for a minimum of four years.

Training of cadets, Commander McNurlen said, starts November 1, with one to three semesters of college followed by pre-flight school, then primary and intermediate flight training—a total course of approximately 24 months. Upon completion of the training, the candidate is commissioned as an ensign in naval aviation or a second lieutenant in Marine aviation.
Applicants may apply at 411 W. 5th st., Los Angeles, their nearest Navy Recruiting Station, or the military director at their school.

Annual Texas Picnic to Be Held Aug. 4

The Texas Annual Picnic will be held Saturday, August 4, in Bixby Park, Long Beach.
Plans are well under way and the registration of former Texans from the 254 counties will be arranged by vice-presidents Walter S. Huddle and Sam J. Crow.

BEGINS BASIC TRAINING
John Robert Garner has arrived at Keesler Field, Biloxi, Miss., where he will begin basic training in the Army Air Forces. He is a son of Mr. and Mrs. John R. Garner, of 303 Amapola. The young serviceman, who was graduated from Torrance high school with the class of summer '45, enlisted in the Air Corps Reserve in March, '44 and was called for duty July 14.

AIRLINE NETWORKS
The authorization of 1,244 miles of new routes to the airline networks during the first five months of this year brings the total number of miles of routes over which the domestic airlines are scheduling planes to 64,181, an all-time high.

Tired Feeling Subject of Health Officer

H. O. SWARTOUT, M.D., Dr. P.H. Los Angeles County Health Officer

It is natural to feel tired after a few hours of hard work, and nobody needs to worry about that.

However, nearly all chronic diseases cause people to tire easily. Tuberculosis is one, and the chronic infection causing undulant fever may also produce a feeling of physical exhaustion.
A weakening heart muscle causes both easy fatigue and shortness of breath. Anemia may produce the same effects. Although much less common, Addison's disease has weakness and fatigability as its outstanding signs.

Another abnormal condition is neurasthenia. A person with this ailment has less than the normal amount of nervous energy or reserve nerve force, and can never hope to stand up under an average work load without feeling utterly exhausted.

With any of the above-mentioned conditions, it is important to find out just what is wrong. Seek medical counsel if you tire easily without knowing why.
If you exercise but little, you may feel very tired at the end of a day's sedentary work. Force yourself to take an hour or two of brisk exercise daily in the open air, followed by a warm shower, a change into loose clothing, and an early bedtime. This routine stands for a very good chance of banishing that tired feeling due to flabby muscles.

FLYING PRESIDENTS
Franklin D. Roosevelt's record as a flying President may ultimately be eclipsed by Harry S. Truman. While Mr. Roosevelt confined his air travels to foreign trips, Truman has made his first flight across the United States and has indicated he will use planes wherever convenient at home or abroad.

MORE AIRLINE PILOTS
The domestic airlines of the United States expect to obtain a needed 1,000 pilots and co-pilots under the new program of the Army Air Forces allowing the release of a limited number of military pilots for airline duty.

MILITARY PLANES
More than half of the military planes submitted by the Reconstruction Finance Corporation to the Civil Aeronautics Authority have been refused civil certificates.

PRESIDENT'S MOTHER FLIES
Mrs. Martha E. Truman, ninety-two year old mother of President Truman made her first air journey when she flew from home to Washington to spend Mother's Day with her son.

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